SACWN Inc.
SACRAMENTO AREA COMMUNITY WOMEN'S NETWORK

Dec./Jan. Volume 40

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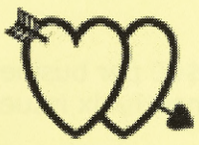
SACWN Valentine's Dance

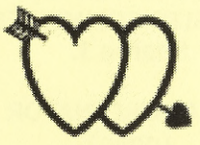
Saturday, February 12th
2003 Howe Ave.

Music by *Mercy Me*
(70s sound R&B Band)

7 pm to 11 pm



No Host Bar



Hors d'oeuvres

Tickets are:
$20 for SACWN members
$25 for non-members and at the door

Make your check payable to: SACWN.
Fill out the form below and send to:
SACWN, PO Box 19036, Sacramento, CA 95819-0036.

Your purchased ticket(s) will be held at the door. (Will Call)
(Please be prepared to show your ID in order to pick up tickets.)

TICKET ORDER FORM

Member Name(s) _____ Phone # _____

Number of member tickets: _____

NonMember Name(s) _____ Phone # _____

Number of Non-member tickets: _____

Amount enclosed: $_____

THE SACWN MISSION

SACWN's mission is to provide lesbians with social activities in a safe environment, a supportive network, and resources to link our diverse community.

PO Box 19036
Sacramento, CA 95819-0036
916-451-8034
SACWN1@yahoo.com
Website: www.sacwn.com

STEERING COMMITTEE

MEMBERSHIP COMMITTEE
Cindy

NEWSLETTER AND WEBSITE COMMITTEE
Sharon J.

SIG COORDINATOR
(open)

VOLUNTEER COORDINATOR
Margaret Pitpit

TREASURER
Cindy

CHARITY ADVISOR
Mary Lou

LOGISTICAL SUPPORT
Colleen

MARKETING/ SPECIAL PROJECTS
Kelli

EVENT COORDINATOR
Nan

This newsletter is entirely dependent on volunteers.

In order to be included in the next newsletter, material must arrive in our mailbox or at my e-mail address by the tenth of the odd months of the year. (sharonju@surewest.net). We encourage submissions (e.g. Letters to the Editor, news items, photos, etc.) Please type submissions and include your name and phone number for verification. Submissions by E-mail are especially encouraged.

FREE ADS: This section is for selling things of a personal nature, advertising for a roommate or finding a lost love. These ads are FREE to SACWN members who are advertising for personal use (no business advertising in this section).

BUSINESS ADS: Camera-ready ads are $60 per business card size. Ads must be prepaid. Ads are based on 12-month/six issues per year. For more info, please contact Sharon J.

CONFIDENTIALITY: SACWN takes the following precautions to insure the privacy of its members:

1. The mailing list is never sold or lent to anyone--even other women's groups or inquiring lesbians.

2. The newsletter is always sent first class, rather than at the cheaper bulk rate. We will send the newsletter electronically rather than by mail to those who request it.

3. Each newsletter is addressed to a specific subscriber, not to a "resident" or "household".

4. Newsletters are not sent to individual men.

~~Women who want to participate in the operation of SACWN are encouraged to contact any of the committee coordinators listed at the left.

Invitation to SACWN General Meeting

We have a General Meeting followed by a Steering Committee meeting on the first Thursday of every month (Dec. 2, Jan. 6, Feb. 3). We have moved our meeting location to Wyndancse Women's Center. The address is 2400 Glendale Lane, Suite E. (It's off of Alta Arden near Fulton.) Our meetings start at 7 PM. Come and find out what's going on and give your ideas and input to help our organization become stronger and continue to be a reflection of our members' interests.

Your input is important to us. If you have suggestions but can't be at the meetings, send an E-mail to SACWN1@yahoo.com with your ideas.

SACWN
Holiday Social

December 4th
7:00 to 10:00 PM

at the Liquid Bar and Grill
3348 S Street

Food, Fun, Games & Girls
Donation: $5

(Going to a charitable organization)

SACWN
Valentine Dance

February 12
7-11:00
(see page 1 for more details)

Come and Dance to the Sounds of Sacramento's Best -

Mercy Me Band

Here's some information from Mercy Me's web site (www.mercymeband.com):

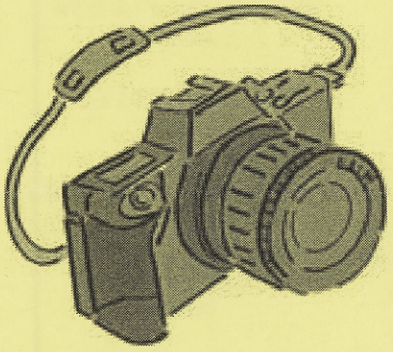
Sacramento's premier R&B/Funk band, *Mercy Me!* received their first SAMMIE for 2002 in the category of "Outstanding Cover/Bar Band", sponsored by the Sacramento News & Review. In 1999, *Mercy Me!* celebrated the release of their debut CD " Sooner of Later " with rave reviews.

Special Interest Groups (SIGS)

Do you have an idea for a new special interest group?
Come to our Monthly Steering Committee meeting and present your idea.
We're always happy to offer more groups in which our SACWN members can participate!

NEW SIG
Photography Group

Bring your camera (digital or film) and enjoy meeting with other women who love photography. At our meetings we'll discuss where our next shoot will take place, share ideas and recent pics, etc. Underwater photographers are welcome. Contact Jessica at 580-7322. E-mail - punky@surewest.net.



W.O.W. - Womyn on Wednesdays

This is a women's discussion group that meets weekly at the Lambda Center (1927 L Street) at 7 PM. We have topics that are of interest to our members such as safe sex, the role of women in the media, and body image. Also, there are game nights, movie nights, and field trips. And the third week of the month there is a potluck. It is a great place to meet other lesbians in the area and make lasting friendships.
Feel free to contact one of our facilitators: E-mail us at: ourfamily916@msn.com or check us out on the web: http: //lambdasac.org/wow/wow_ index101703.html

Couples Dinner Group

The Lesbian Couples Dinner Group formed in the summer of 2003. We have a great time sharing good food, good conversation and friendship.

We have approximately 11 couples that meet on a monthly basis at different local restaurants or a couple's home. We are always open for suggestions as to restaurants or activities.

All lesbian couples are welcome to join us for dinner or whatever activity we are having. We meet once a month at a local restaurant to enjoy good food, good friends and good conversation.

The following are upcoming dates for our activities: December 18. To find out where the next Couples dinner is going to be, please contact jazlady88@hotmail.com. Hope to see you soon!

Top 10

Top 10 is for women over fifty and for women who love women over fifty. This group is for **both singles and couples**. Each month we get together for a meal at a local restaurant or at home pot lucks.

Hello Ladies,
I am here to tell you, the Halloween party was a blast! About 26 women were in attendance. The food was fabulous (ham, potatoes, salads, "spider" deviled eggs, and pies, pies, pies! etc...) About half the attendees were in costume! De D. received 26 out of 26 votes for her original costume--a giant, pink flamingo! What an artist! Other winners of the costume contest were Leta--a "one night stand". (Literally a night stand with drawers on the front, a brush on the shoulder, and a lamp shade for a hat!) Very creative! Dee D, who came as "Maxine", of Shoebox Cards fame. (You remember Maxine! The crusty, old woman, always in her bunny slippers, who doesn't take s**t from no-one!); Sandy, who was a striped convict, complete with handcuffs, and ball and chain, and a chain tattoo around her neck! Evie, who was a cute little devi, with a cape and goatee. And, last but by no means least, Joyce, who was a biker mama, complete with leather jacket, shades, and leather hat! Bet you didn't realize what a talented and creative group we have! We had a lot of laughs, and a lot of fun! Thank you to everyone who joined in the contest. It made the party so much more enjoyable! Be considering your costume for next year! It's never too early to start planning!

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HAPPY HOLIDAYS POTLUCK

WHEN: Saturday, December 18th.
NOTICE NEW TIME: 1:00 PM because of the White Elephant gift exchange, we have decided we needed to start earlier. Dot and Betty's. RSVP: 456-2577 by December 13th.
Please bring a side dish, your own drinks AND a white elephant gift for the gift exchange! Hope to see you all there!

Our sister and friend, **Betty Woods, is celebrating her birthday!** Her niece, Linda Woods, would like to invite Betty's friends to help her celebrate with an Open House - **Wednesday, December 29th** from 3:00-7:00 PM. The honoree has requested that no gifts be given. Cards are fine. Please bring your own drinks. RSVP to Dot and Betty, and receive directions at that time, 456-2577

Seasoned Singles (SS)
Seasoned Singles is for single women over the age of 50 who live in the greater Sacramento area. For more information contact Shirley H. @ 916-564-9814 or E-mail seasonedsingles@earthlink.net.

Seasoned Singles - *On Going Activities*

Poetry: For information about poetic venues and literary spaces contact Rama at 916-428-7227 or 428-7224 or Djerma@aol.com

Poker on the 2nd Friday of each month. Contact De D. at 916-927-3304.

Women's Music - For concert information contact Mary at 916-395-4147 or E-mail MaryStoschke@webtv.net

Movie Group - Joy has offered to organize groups to go to the movies. She's most interested in attending movies at the Crest and Tower, but will consider other theaters too. Contact her at 916-567-1045 or JFisher979@aol.com

Impromptu Group: Contact Shirley H. at 564-9814 or Raenbo@earthlink.net. Anyone on the Impromptu E-mail list can contact other women on that list to invite them to an activity on an impromptu basis.

Pinochle Group: Now forming. For details please contact Joy at 567-1045 or JFisher979@aol.com.

MORE SIGS THROUGH SACWN

Arts and Entertainment (A&E)
From local activities such as the Second Saturday Art Walk to a show in the Bay Area, we enjoy a variety of entertainment. It's great fun and you can reconnect with old friends and meet new ones. If you are interested in participating in or coordinating an event, contact Dee Durango. To have the latest updates sent to you by E-mail, just send your E-mail address to: SweetDee2M@accessbee.com and indicate your desire to be on the A&E E-mail list.

San Francisco Museum of Craft and Design
Saturday, December 4. Leave Sacramento at 8:45 AM. Leave San Francisco at 3/3:30 PM.

Contemporary crafts have taken center stage in San Francisco. Chairs, tables, paintings, drawings, ceramics and turned wood bowls are among the pieces by well-known artists that will be on exhibit from the Bennett Collection. Sacramento area artists are represented in Wayne Thiebaud's "Olives", an aquatint; Mel Ramos' watercolor of a wind-up cat playing with a wind-up butterfly; and Roy de Forest's untitled pastel of bearded monsters and nude women. Admission is free until the end of the year. The Museum is located at 550 Sutter Street.

We will be going via carpool from Sacramento to El Cerrito Plaza Bart Station. Then on Bart to SF Powell Street Station. Estimated expense at $5.00 per person in carpool and between $6 and $7 R/T Bart Ticket plus lunch expenses.
RSVP to Dee at 443-2377 no later than December 2.

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Cris Williamson, Teresa Trull and Barbara Higbie Concert at the Palms

December 11 at 8:00 in Winters. Tickets are $20 if you order ahead. This can be done by calling Kimes Ace Hardware at 530-795-3368 and they'll take your ticket request and put it on your credit card. They will mail your ticket(s) to you. Be sure to allow time for mailing.

Tickets can also be purchased at the door for $21.25. We plan on leaving Sacramento about 5:30 PM to allow time for dinner in Winters. The Palms opens its doors about 7:30 PM. It is open seating. As in the past, we can meet at Dee's place for carpooling to Winters. RSVP to Dee 916-443-2377 by December 10th.

Info on Cris, Teresa and Barbara
Tonight women's music pioneer **Cris Williamson** returns to The Palms performing solo. It was in the mid-1970's that Cris Williamson co-founded Olivia Records, the first women's owned and women's

SIG Info., SACWN Calendar and More

run record label. With Olivia Records, Williamson helped set the stage for women, and particularly for lesbians, to write, produce, record, and issue their own material-on their own terms. A warm and engaging performer, Cris peppers her concerts with the 'psalm according to Williamson,' caring homilies that emphasize compassion and connection and underscore her contributions, musically and personally, to making the world a better place for all. **Barbara Higbie** is a versatile multi-instrumentalist and a stirring singer-songwriter. Through her soaring vocals, her virtuoso jazz and classically tinged piano playing, and her award winning violin work, Higbie carries her listeners into the sanctuary of the open heart. Higbie started her career in the early 80's as part of the Bay Area's burgeoning New Acoustic Music scene, and along the way recorded with Darol Anger the album Tideline for Windham Hill Records as well as with her Grammy nominated group Montreaux. **Teresa Trull**'s music traverses country, rock, folk, and pop, and it's her expressive voice, inspiring songs, and winning stage presence have made her one of the most dynamic performers to play here at The Palms.

Check out a couple of websites:
www.criswilliamson.com
www.barbarahigbie.com

Half-Fast Hiking Group

This is a well-organized, friendly group of serious hikers who know how to have fun. We are in our sixth successful year of day-hiking with hikes scheduled once per month all year long. We walk at a comfortable pace and usually average about five miles round trip on hikes that are rated "easy" to "moderate". All new-comers will receive a warm welcome!

We are presently looking for a new leader for this group. If you're interested please contact Linda at 452-5806.

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SACWN
Holiday Social
December 4
7-10 PM
Liquid Bar and Grill
3348 S Street
(See front page for more info.)

Want to know what else is happening in the area?
Check out these groups.

D.O.T.: Long time local organization for couples and singles. Age range averaging between 35 and 55 years of age. Contact person is Vickie at dejavu 95821@earthlink.net

If the Shoe Fits (ITSF): An organization in the Placerville/El Dorado area that is very active. They have a monthly newsletter with their latest activities. E-mail - itsfnews@hotmail.com or PO Box 295, El Dorado, CA 95623.

River City Bowlers: Sacramento's only Gay and Lesbian Bowling League. Contact person is Tom Lane - 916-635-1535.

Camping Women: This group is built on the premise that women share equally the joys, privileges and responsibilities of the outdoor experience and thereby realize their own potential and ability to live comfortably in the out-of-doors. The National office web site is: www.campingwomen.org
For local information e-mail Sharon: shtaylor@dfg.ca.gov

The **Gay & Lesbian Sierrans** is another group you may enjoy. They do dayhikes and weekend camp trips.
www.motherlode.sierraclub.org/gls/

Tina Reynolds Uptown Studios
912 1/2 J Street (inside the orange door)
Sacramento, CA 95814
Email - tina@uptownstudios.net

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Do you love to watch the Ellen DeGeneres show but sometimes miss it? I've found that I can still get my Ellen fix by watching her latest opening monologues which are on this website.
http://ellen.warnerbros.com/galleries/
Click on Video Gallery and see them all!

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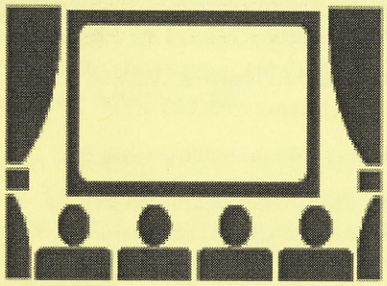
Give a person a fish and you feed them for a day; teach that person to use the Internet and they won't bother you for weeks." **~Author Unknown**



Did you enjoy our **SACWN Movie night** in November? We had about 40 women attend. We would like to continue having these movie nights. However, the rental of the portable projector was **very expensive**. We would like to know if anyone would like to help us continue these movie nights through purchasing or donating a portable projector to SACWN. If you're willing to help, please contact us at 916-451-8034 or email us at SACWN1@yahoo.com.
We would be grateful for any help you can give.

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True Colors Women's Chorus

The chorus, under the artistic direction of Eileen Boyd, now has over 30 members and we are beginning work on producing our first full fledged concert in four years. This concert, a tribute to women and women's history, will be on March 12th with a possible second performance on March 13th.

TCWC is really on a roll these days, with a huge influx of new members, a terrific director, a triumphant performance in Montreal last July, and a terrifically successful fundraising extravaganza two weeks ago to celebrate LGBT lives, relationships, and families. The excitement permeates every rehearsal as we continue to grow at an amazing pace!

We encourage you to come check out a rehearsal and see what you're missing. TCWC rehearses on Monday nights from 7-9 PM at Tahoe Elementary School. Please e-mail us if you are interested in attending a rehearsal in the next few weeks and we will send you directions to the location.

Other big news from TCWC: We just finished production on the 2005 **True Colors Women's Chorus calendar.** This project, inspired by the movie "Calendar Girls," features members of the chorus engaged in their favorite activities...and just a wee bit exposed. The calendar is beautifully done with photographer by Deb Torres. They make superb gifts for the holidays. To order, just check out our website at http://hometown.aol.com/sacwomenschorus/

For more information about TCWC, please see our website or call the Director, Eileen Boyd, at 206-1135.

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The Wyndansce Women's Center

They are selling the Entertainment books for $40. The revenue they generate will be used to benefit all the wonderful activities at the center.

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Movies Which Inspire

Stephen Simon stands out in Hollywood as a director and producer because he believes movies should inspire us. As the producer of *Somewhere in Time* and *What Dreams May Come* he has shown that what book publishers have long known: there is a large and rapidly growing market for spirituality. There are many good examples of what Simon calls "Spiritual movies", but it's hard for them to bust through the Hollywood emphasis on thrills, violence and money. "Some of the best movies made every year go virtually unseen," he says. "The major distributors won't touch the most heart-filled, soul=satisfying movies, because they don't think there's enough money in it for them. With the creation of *The Spiritual Cinema Circle* Simon now offers an attractive alternative for movie lovers. Those who become a member receive a few movies in the mail every month which Simon picks.

To find out about membership go to: www.spirtualcinemacircle.com

Advertisements

LIFE COACHING – EMPOWERMENT IN ACTION

IT'S ALL ABOUT YOU!

Are you where you want to be in your life? Are you energized or exhausted? Do you feel like you have settled, but still have dreams and goals that keep calling to you, that you haven't gotten to yet, for whatever reason?

We all can have a life of fulfillment, feeling and knowing that we are on the right path, being vibrantly alive and in synergy with all that fills our time and what we devote our energies to. It can be powerful to have someone who is skilled in encouraging you to be all you can be, to support and coach you as you explore and pursue your dreams, goals and passions. This is the mission and purpose of a Life Coach – to support you in achieving what you want to achieve in your life. A Life Coach is devoted to your success and sees you for the powerful and successful person that you truly are. A Life Coach is a trained professional who has knowledge and skills that can guide and support you with your progress as you experience your life's dreams, passion or goals.

Chrissy L. Buford is a Life Coach who received her training from the Academy for Coaching Excellence in Sacramento. If you are interested in finding out more about how a Life Coach can enhance your life and make your life easier and more fulfilling, call Chrissy at (530) 677-8829 to set up a complimentary session at her Sacramento office. Chrissy will be focused on you and your goals, support you on your journey, and empower you as you reach new heights you previously may have thought impossible. Life Coaching is all about you, and investing in yourself to truly have the most satisfying and fulfilling life you can have. Know you are the best! **Visit Chrissy's web site at www.coachingheart2heart.com.**

Life Coaching - Heart to Heart

Chrissy L. Buford, BSW
License # 031299

Would you like to see life get easier?

E-mail: chrissy@coachingheart2heart.com
www.coachingheart2heart.com

1-866-597-3636
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Clinical Psychologist
PSY10426

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Fax (916) 783-8412
Email: jdutra@surewest.net

Financial Focus – Roth vs. Traditional IRA: Which is Right for You?

If you already contribute to an IRA, then you're taking an important step toward building the financial resources you need for retirement. If you don't have an IRA, then you might want to consider opening one. But which one?

Your two main choices are a "Traditional" IRA and a "Roth" IRA. These IRA's share some common characteristics. First, you can fund either one with virtually any type of investment you choose – stocks, bonds, CDs, etc. And second, in 2004 you can contribute up to $3000 per year to either IRA, or $3500 if you're 50 or over. (Note: There are some wage limits for funding a Roth.)

Beyond these similarities, though, there are some important differences in the two IRAs. Here's a quick look at each:

- Traditional IRA – Your traditional IRA contributions may be tax deductible, depending on your annual income and whether or not you're covered under an employer-sponsored retirement plan. And your earnings grow tax-deferred until you start taking withdrawal.
- Roth IRA – You fund a Roth IRA with after-tax dollars, so you always have tax free and penalty-free access to your contributions. And your earnings grow totally tax-free, provided you don't start taking withdrawals until you're 59 ½ and you've had your account for at least five years. Also, you can typically make tax-free withdrawals for first-time homebuyer expenses.

(If you withdraw money from traditional or Roth IRA before you're 59 ½, you may have to pay a 10 percent penalty, but there are exceptions).

So, which IRA is right for you? As is often the case in the investment world, there is no quick and easy answer. If you're not eligible to deduct your contribution to a traditional IRA, and you are eligible to contribute to a Roth IRA, then you may want to choose the Roth Ira.

But what if you're eligible to contribute to a Roth IRA and you could still deduct your contributions to a traditional IRA? On one hand, the traditional IRA offers a powerful combination: tax deductibility and tax-deferred growth. On the other hand, a Roth IRA is one of the few investments that offers tax-free earnings.

Obviously, it's a tough choice. And that's why you many want to consider some other criteria. For example, if you have a traditional IRA, you must start taking minimum distributions by the time you're 70 ½. With a Roth, you never have to take them – you can leave the entire value of your IRA to your beneficiaries, and they won't have to pay taxes on withdrawals. Consequently, your projected need for retirement income and your desire to leave money to your family are two factors you'll want to consider when choosing between and Roth and a traditional IRA.

Unfortunately, you can't have it both ways – that is, you can't contribute the maximum amount to both types of IRAs. Whatever amount you contribute to one will reduce what you can contribute to another.

A qualified financial professional and/or your tax adviser may be able to help you determine which type of IRA is right for you. The IRA is one of the greatest provisions the government ever gave us for self-funding our retirement, you should use it. Even if it only means starting with $25.00 a month, at least start somewhere. Ideally $250.00 a month in 2004 would have allowed you to fully fund your IRA but don't let that dollar amount stop you from doing it altogether. Remember, this money is for your retirement! The annual contribution goes to $4,000 in 2005, fund it early, catch the growth while you can.

SACWN's Advertising Rate
Business ads are just $60 per year!

Don't miss out on the best deal in town!
Call 916-451-8034 and let us advertise your business to our membership.

The Center for Spiritual Awareness

1020 West Capitol Ave.
West Capitol Ave., West Sac.
Sundays 10 AM
Wednesday Meditation 7 PM
Jr. Church for kids - all ages - Sunday at 10
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Home of the new Thought Gospel Choir

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Rosemary Metrailer, *Attorney at Law*
PO Box 215, Nevada City, CA 95959
email: rmetrailer@metrailer.com
Sacramento: (916) 447-7258 | Nevada City: (530) 265-3062
Facsimile: (530) 265-0601

Edward Jones

Diova A. Gray
Investment Representative

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SACWN - Membership Application

Name: _____

Name: _____

Address: _____

City: _____State: _____ Zip: _____

Phone: _____ E-mail: _____

(Circle One): NEW RENEWING

CATEGORIES/RATES:

(Check One): ___Regular $24.00 ___Sustaining $48.00 __Limited Income $12.00
Rates are per household, per year. You will receive a renewal notice when your subscription is running out.

_____I/we would like to receive the newsletter electronically.

E-mail Address: _____ *(if different from above)*

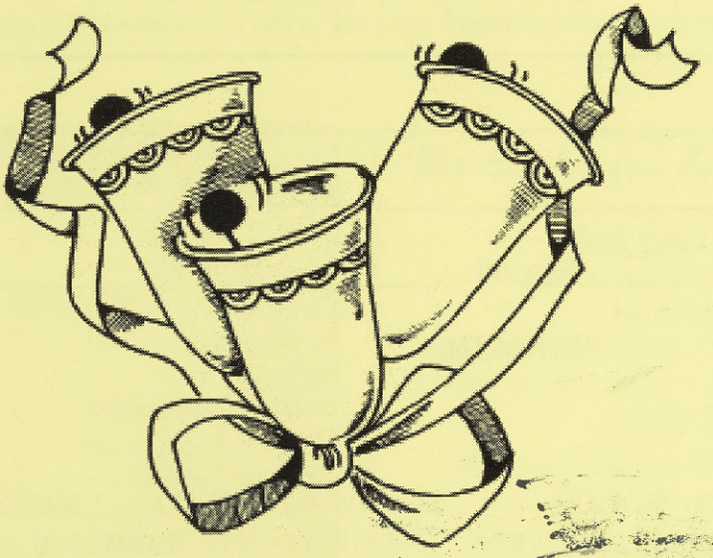
Waiver: I am aware that certain risks or injuries could occur arising from my participation in SACWN, Inc. events and/or special interest groups. In consideration of the right to participate in such events, some of which may involve strenuous activity (i.e. hiking, golfing, skiing, cycling, etc.) I hereby assume all risks and will hold SACWN, Inc. and its members harmless from all liability which may arise in connection with these activities.

Signature: _____ Date: _____

Signature: _____ Date: _____

Please make checks payable to: **SACWN**
Mail to: **SACWN**
PO Box 19036
Sacramento, CA 95819-0036

Want to contact us but don't want to write? SACWN has voice mail and E-mail! Call us at (916) 451-8034 and leave a message and we will respond as soon as possible. OR you can send E-mail to:
SACWN1@yahoo.com



PO Box 19036
Sacramento, CA 95819-0036

SACRAMENTO CA
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02 DEC
2004

37 USA
2002

SACWN, Inc.
Sacramento Area Community Women's Network

Volunteer to help with the Valentine Dance! Call SACWN or send an Email.

Rosemary Metrailer
Attorney at Law
PO Box 215
Nevada City, CA 95959